

Spring 2017

Wellness Works!

A seasonal source for fitness, health and wellness information.

The Enrichment Center of Lee County - 1615 S. Third St., Sanford, NC 27330

919-776-0501



MAY is Older Americans Month

AGE OUT LOUD

-giving aging a new voice—one that reflects what today's older adults have to say about aging. More than ever before, older Americans are working longer, trying new things and engaging in their communities. They are taking charge, striving for wellness, focusing on independence and advocating for themselves and others. They expect to continue to live their lives to the fullest, and they are insisting on changes that make that possible.

At The Enrichment Center we recognize that to today's older adults, whether in their 50s, 70s or 90s, getting older means something different than it meant twenty-five years ago. We hear your requests, know your needs and our goal is to provide the programs, services, information, fitness and healthy opportunities you need to continue living well.

BRAIN FITNESS



We all know that exercise is important for our physical health but did you know that your mind needs exercise too? Try reading or engaging in stimulating discussions. Other options are word games like scrabble, crossword puzzles or bookworm. Trivia games, card games or mind-body activities like tai chi have all been shown to improve memory, reduce stress, build resilience and improve mental health. The Enrichment Center has many options for you. Check our schedule at the front desk. *Make friends, try something new and your brain will thank you!!*

UNLEASH THE POWER OF AGE!

SENIOR CENTERS ~ *Experts at Living Well*

The Enrichment Center of Lee County
1615 S. Third St., Sanford, NC 27330. 919-776-0501 www.lee-countync.gov/ec
Fitness Instructors: Kathy McLeod-Edwards & Cathy Andrew

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Senior Games & Silver Arts

Opening Ceremonies

Dinner & Follies

Tuesday, May 16th

At 5:30 PM

Senior Games & Silver Arts of Lee County



is a program to promote fitness, friendship and well-being for folks 50 years of age and better in Lee County.

We welcome participants from neighboring counties.

The general public is welcome to attend and watch the Silver Arts Follies.

Heartfelt thanks to



2017 Torch Sponsor

***For more information contact
Jimmy Solomon, Local Coordinator
919-776-0501 ext. 2207.***

WATER AEROBICS at OT Sloan Pool

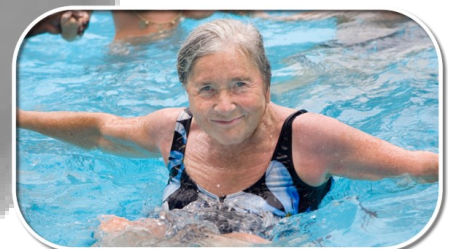
Looking for a fun, cool way to exercise this summer? Have you considered water aerobics? The weather is getting warmer and it's almost that time of the year again.

Classes begin June 1st and run thru mid September, weather permitting.

Day classes are held on M/W/F from 11:00 am until 12:00 pm. Evening classes are on M/W/Th from 5:30 pm until 6:30 pm. The cost is \$25.00 for the summer, daytime or evening session, or \$10.00 per month, daytime or evening session. Classes are open to all adults with priority given to those age 50 and better.

Registration is required and begins May 15. Register and pay at The Enrichment Center, 1615 S. Third Street. If you need further information call Kathy McLeod-Edwards or Cathy Andrew at (919) 776-0501.

**Please remember: a completed
MySeniorCenter form is
required before taking any
fitness program, including the
fitness room.**



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SENIOR FITNESS DAY

Mark your calendar and join us on Tuesday, May 9th for the 2017 National Senior Fitness Day! We will offer **free exercise classes and personal fitness screenings.**



Aerobics 9:00 AM

Personal Fitness Screenings

10:15 AM (*see note below)

Stretch & Tone

11:00 AM

**Diner's Club
Fitness Activity**

11:30 AM

Yoga

5:30 PM

Fitness Room

Orientation 6:30 PM

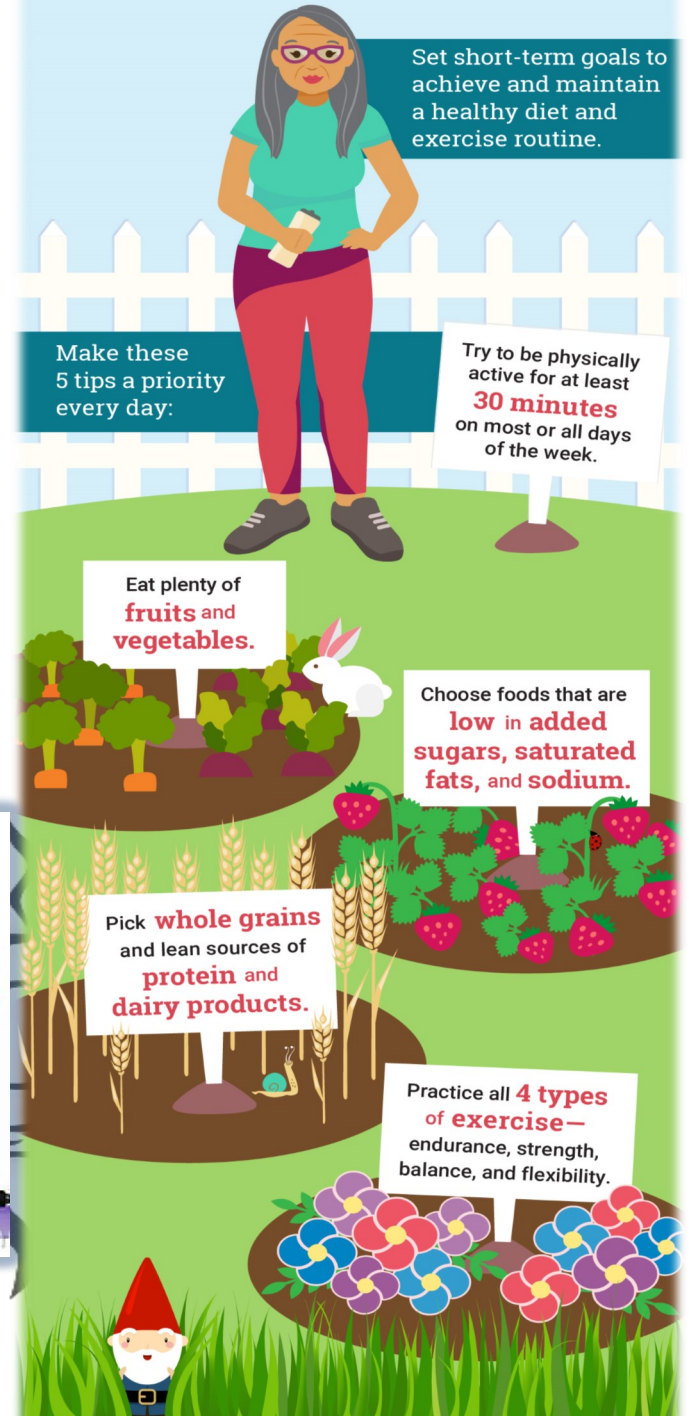
***Please preregister for the
Personal fitness screenings.**



DIET AND EXERCISE:

Choices Today for a Healthier Tomorrow

Eating a healthy diet and exercising often can help control or delay health issues associated with aging, like high blood pressure and diabetes.



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Our Fitness Programs Rock!

Come Try a Class for FREE!

Low Impact Aerobics & Toning Classes

\$10 per month.

Tuesday/Thursday 9:00 a.m.

Monday/Wednesday 5:30 p.m. (**see note*)

Stretch & Tone

Tuesday/Thursday 11:00 a.m. No Charge.

The Fitness Room (* see note*)**

Monday—Thursday 8:00 a.m. – 8:00 p.m.

Friday 8:00 a.m. – 5:00 p.m.

\$1.00 per daily visit – Equipment orientation required. See front desk for appointment.

Walking Trail – ¼ mile around the perimeter of the property. No Charge.

Fitness Yoga

Mondays 8:30 a.m. **OR** Tuesdays 5:30 p.m. **OR** Fridays 8:30 a.m.

\$15 per month/one class per week

(*Evening Aerobics off June, July & August)

(**Fitness room and fitness classes are for Lee County residents age 50 and better. All adults are welcome to fill available class spaces.)

All Lee Co. employees are eligible to use the fitness room and attend classes.

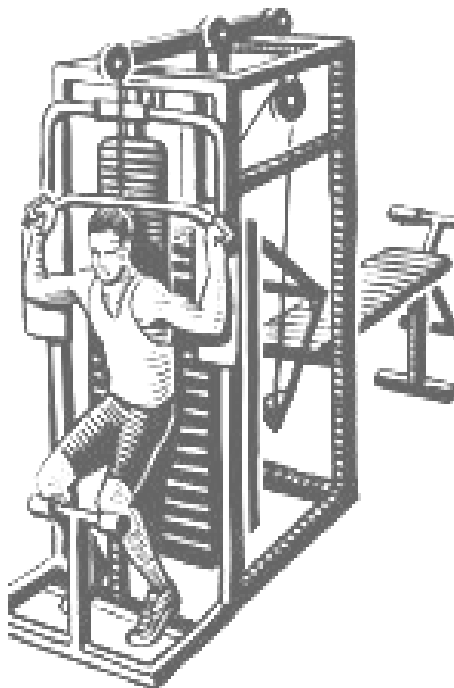
Leg Straightening



This exercise strengthens your thighs and may reduce symptoms of arthritis of the knee.

1. Sit in a sturdy chair with your back supported by the chair. Only the balls of your feet and your toes should rest on the floor. Put a rolled bath towel at the edge of the chair under thighs for support. Breathe in slowly.
2. Breathe out and slowly extend one leg in front of you as straight as possible, but don't lock your knee.
3. Flex foot to point toes toward the ceiling. Hold position for 1 second.
4. Breathe in as you slowly lower leg back down.
5. Repeat 10-15 times.
6. Repeat 10-15 times with other leg.
7. Repeat 10-15 more times with each leg.

Source: Exercise from Go4Life - a registered trademark of the U.S. Department of Health and Human Services



Fitness Class Packages

Daytime Class

Package \$30/month
\$10 discount

Evening Class

Package \$20/month
\$5 discount